



Forget the ‘perfect’ holiday

Are the holidays stressful because you want them to be perfect? Let go of the perfection goal with these tips:

- **Get real with yourself.** If you burn the food or the tree turns brown, accept it as part of life. No holiday party is going to be perfect, and that's okay.
- **Look ahead.** Many people dread the holiday season. They feel pressured to have perfect parties and gifts. But, it's just a few weeks out of the year. If something doesn't go perfectly, remember that it will pass. Focus on the things that have gone right today.

- **Don't compare.** Avoid social media if it makes you feel bad about yourself. You don't have to have the biggest centerpiece to have a happy holiday.
- **Give yourself permission to relax.** You don't have to do everything for everyone. You're only one person. Find time for your own needs. This can be one of the best things you can do for yourself. Take a walk, a warm bath, a yoga class or sit and read a favorite book or magazine. Some time for you will help you feel less stressed and more relaxed.

Source: American Psychological Association



Interesting Facts - Toys for girls and boys

572: The number of locations in the U.S. that primarily produced dolls, toys and games in 2015. This is an increase of 12 locations from 2014 (560). These locations employed 6,394 people, an increase of 179 employees from 2014 (6,215). California had the most, with 90 establishments.

Source: U.S. Census Bureau